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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Friday, December 2, 2022

Why Energy Management is Important - A Message from Archangel Michael

Written and Channelled by Stephan Davies

Hello everybody this is the Archangel Michael. We're going to talk today about energy management and why it matters and specifically why practicing energy hygiene is essential to maintaining a sense of peace and happiness.

So, let's talk about energy and how it works. Energy is basically the power of your physical body, that's what it is. It's related to your physical body and it matters greatly because if your energy is impacted or drained or lost you can feel very tired, you can feel very unhappy.

So basically, what we doing when we practice energy hygiene is we are maintaining a certain boundary around ourselves and we are preventing certain energies from interacting with us or affecting us or even being infiltrated into our body, because that can happen sometimes.

In order to understand energy hygiene there are three things we must discuss: Boundaries, satisfaction and compassion, because all three things are connected. So first, let's talk about boundaries.

Boundaries are not just physical boundaries, as in keeping someone at the physical distance from you, there also mental boundaries and emotional boundaries. Keeping people away who harm you that's essential, but there is one more type of boundary we must discuss and that is protection. This is because protection is essential, if you are protected then you will not be harmed or impacted in the same way as someone who's not.

So basically, putting up boundaries is the way we protect ourselves and the way we keep our energy strong and vibrant. This is because if you allow someone to cross your boundaries, then they will impact your energy field, absolutely.

That's the first point. Secondly let's talk about satisfaction. What I mean by this is: If you're not satisfied with yourself, then life generally doesn't bring you the things you need. Satisfaction is like the icing on the cake, you need that icing because when you're not satisfied, then life in general, it can impact you more than other times.

So, by satisfaction, I'm saying do things that make you happy, do things that bring you benefit and make yourself feel good. When you feel good, your protection is stronger, it's absolutely true.

Now the last thing I wanted to talk about is compassion. Compassion is actually more important than people think, compassion is like another form of protection because when you have compassion, you just naturally, effortlessly respond in a protective way. When you have compassion, you don't allow others to tread their dirty footprints on your aura, absolutely it's true.

So, I would recommend for anyone who doesn't know how to protect themselves, first of all meditate on compassion. Generate as much compassion as you can for yourself and others. Secondly, begin a practice, a daily practice of grounding into Gaia. Ground to Mother Earth and her energy will support you, you'll feel stronger. Thirdly I would recommend looking up some kind of psychic protection, because psychic protection is like the last layer of defence. If we have all three things, you'll be protected completely.

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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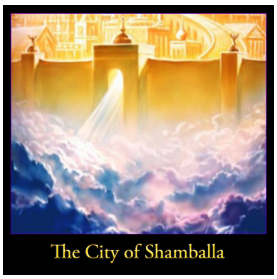

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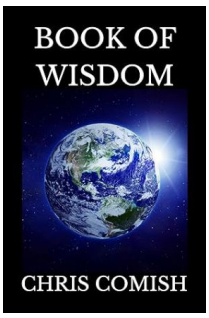

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Bio

Stephan Davies is a channel of angels and divine beings. He runs the website The Divine Connection and regularly channels for clients from all over the world. Stephan also runs a blog that covers all matters spiritual. His passion is bringing through messages from above that uplift, bless, and empower others.

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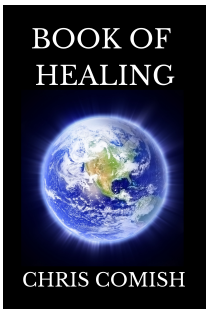

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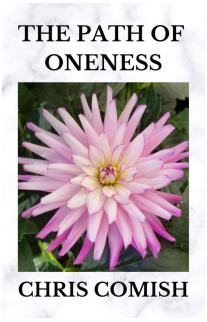

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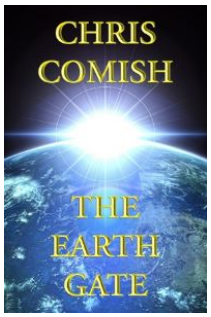

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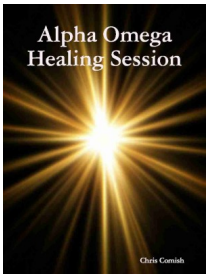

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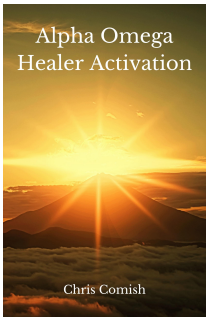

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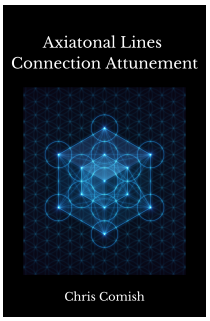

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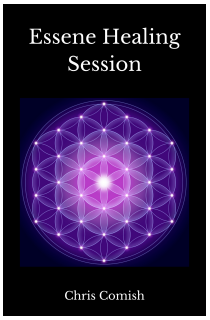

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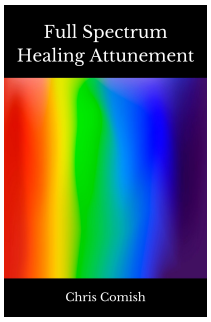

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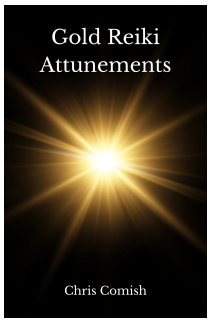

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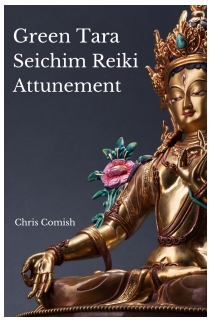

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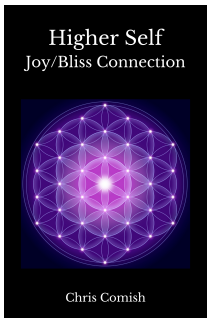

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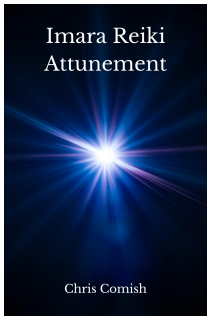

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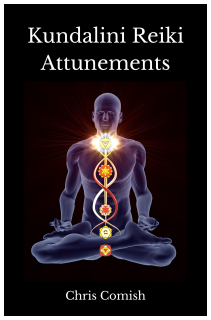

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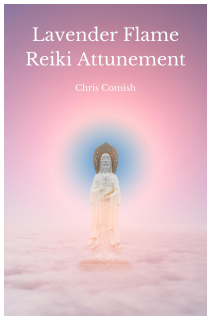

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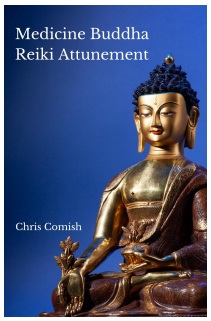

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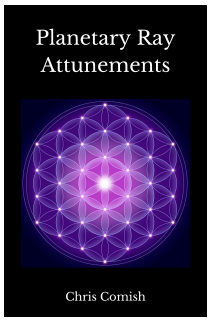

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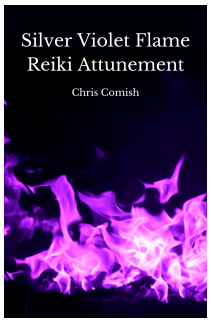

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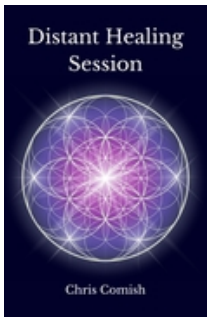

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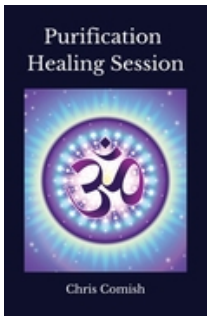

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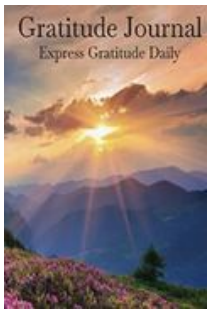

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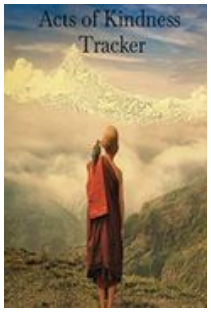

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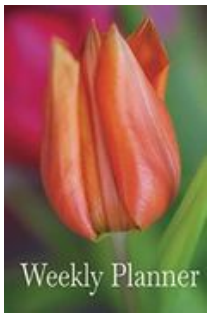

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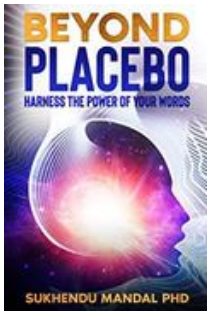

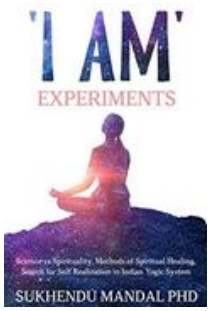

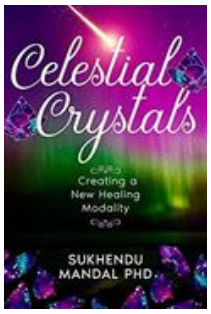

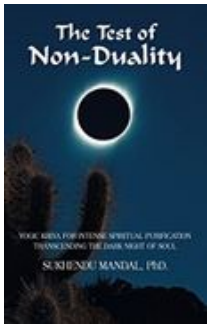

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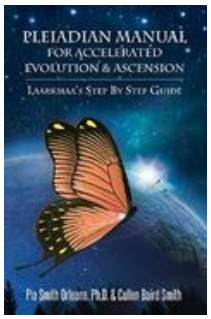

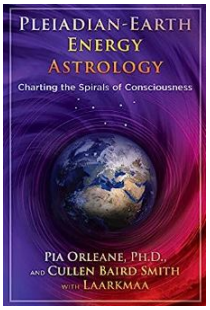
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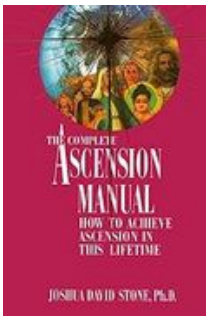
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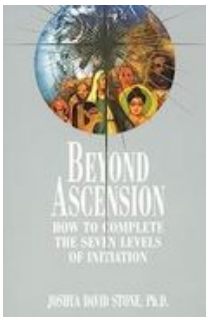
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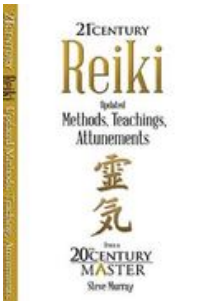
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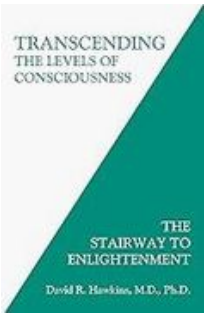
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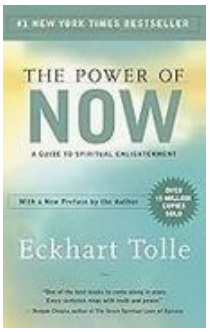
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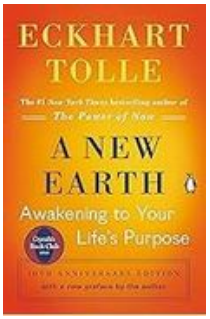
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Awakening to Your
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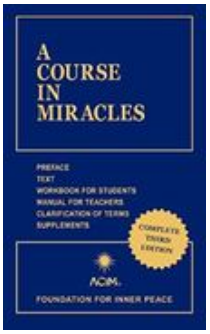
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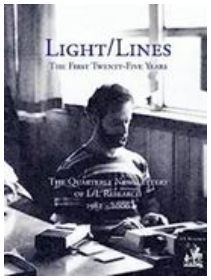
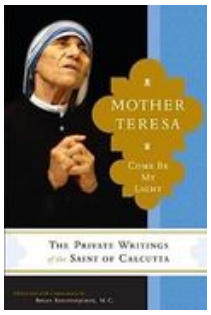

LIGHT/LINES
THE FIRST TWENTY-FIVE YEARS

THE GENE KEYS
Embracing your higher purpose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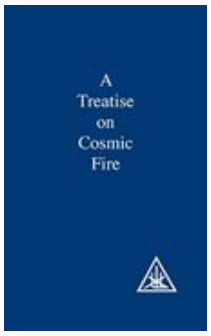
Initiation
Human and Solar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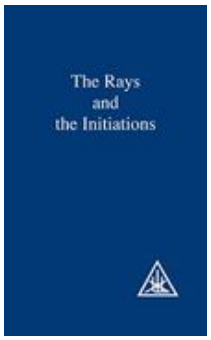
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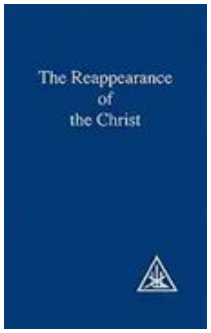
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The
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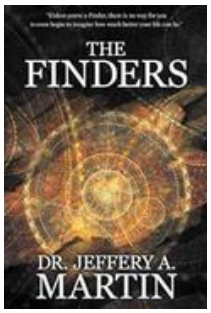
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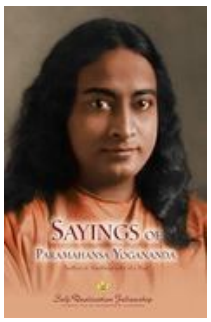
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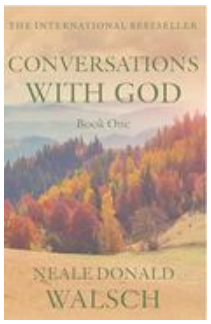
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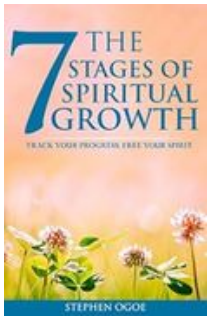
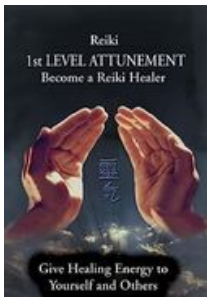
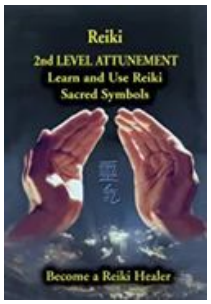
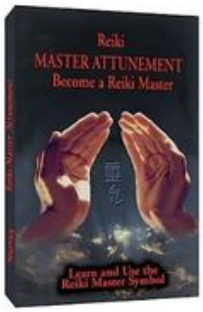
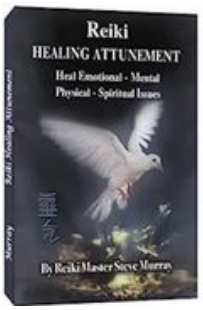


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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